

The Path of Truth *and* *Practical Philosophy*



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THE PATH OF TRUTH

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Love Expressed

Driving slowly along a country road my Father, drinking in the winter sunshine with which You of Your Bounty gild for our delight, this season of the year. I looked at the denuded plane trees sketching a delicate tracery against the skies pale blue, at the waving jacarandas mantled in rich garments of green and gold, and at the many sturdy firs clad in their heavy overcoats of verdure and the thought ran through my mind. “How can there *be* those who cry out – even in times of stress and strain – ‘There is no God’?”

Whence could so much beauty come if not from an all-loving, all-powerful, all-wise Creator? And who is there, if he gave the matter a moment’s thought, that could imagine that it was through any action – OR INACTION – of a Heavenly Father, who is our All-sufficiency in all things, that evil could creep into his life?

It is *we* who bring our troubles upon ourselves by ignoring the Truth which the Master taught, and so many others have stressed, that You, my Father, are LOVE UNBOUNDED and that we are not bondservants, but sons and heirs to whom You have bequeathed Your ALL. Whatever this world, which You brought forth for us to dwell in, offers, is ours to use and to enjoy, but we do not believe this is to be so. Perhaps, if looking round at the GLORY spread before us, at Your rainbow of promise that ever and anon spans the skies, at the sun that gives us life and warmth, the gentle rain that feeds our crops and AT YOUR OWN SMILE mirrored on every baby's face, we too, seeing but through a glass (of human ignorance) darkly, may behold the TRUTH OF BEING and rejoice that NOW AND ALWAYS "I and My Father are one".

The School of Truth has prayers at 11:00am

Students are encouraged to join us in prayer at that time.

Prayers are indeed very powerful.



A suggested prayer maybe:

The Light of God surrounds me,

The Love of God enfolds me,

The Power of God protects me,

The Peace of God is over me,

Wherever I am, God is.



This prayer may be used at any time.

“I asked you to Pray –”

Extracts from letters received by the School of Truth...



My father wrote to you recently after he had almost completely lost his eyesight. I am pleased to report that a vast improvement has already occurred. No sooner had we received your welcome reply to his letter, stating that you had started praying for him, than we found him reading his Bible with a smile on his face. Previously he had been unable to read a single letter. The whole family surrounded him with rejoicings at the power of the Almighty.



I wish to advise you that my leg has healed completely after 14 years of suffering. So many remedies and many doctors could not help me, yet when I became a member of the school of truth my leg healed up. My heartfelt thanks to you for your untiring prayers on my behalf.

For the spiritual and material support which our known and unknown friends have so graciously given this work of Truth, we render our most grateful thanks, and we thank the Father of all for His constant blessing.

I want to let you know that my lip is quite healed and to thank you for your loving help and upliftment through these trying weeks. God has been very good to me and has helped me spiritually as well as physically.

A few months ago I wrote to you regarding my daughter's health and my worries about my work. As a result of your prayers, my child is in perfect health today while I have received a spectacular promotion. I would like to express my deepest gratitude for all the help and guidance you have given, and may God bless you.



Some time ago, when my daughter and son-in-law were not getting on very well, I asked you to pray for them. Soon we had a letter from them telling us about the change in their lives. Things are now working out very nicely for them. I am now on holiday with them as my daughter is going to have a baby. God bless you for your work for all in need.



You may recall I asked for your prayers for my son in order that he might be helped in his work. I am pleased to tell you that he has succeeded and is now Chief Accountant of his firm. My husband joins me in grateful thanks for your prayers.



Thank you most sincerely for your prayers which have been most helpful during the past few months. The breast cancer is cured and the doctors are delighted with my progress. At no time during the treatment did I feel afraid - in fact, the spiritual experience has been exhilarating. I felt very surely that the hand of God was working through the deep X-rays. My experience has been helpful to many of my friends and for this I am very grateful indeed.

When I joined a few months ago I asked you to remember me in your prayers as I was anxious to sell a property which had been a great worry to me. I am thankful to say that your prayers have been answered as I have sold the property and am trusting that all will be well now. I am most grateful to you for all your prayers and do thank our Heavenly Father for answering them.



As you know, I asked you to pray for my dear husband who was drinking to excess. Thank God and also thank you for your prayers, he has given it up and we are all thankful for this miracle.



After despairing about raising the necessary money to settle all my many obligations, I sent you a telegram. That evening a friend phoned to ask whether I had succeeded in settling my finances. When I replied in the negative she offered to advance the necessary money to my solicitor to arrange for a second bond on my house, and so all has been fixed up. Thank you from the bottom of my heart for your prayers and help. My faith in the goodness of God is renewed and strengthened, and may you go from strength to strength.



I want you to know what your prayers and kind thoughts have done for me. My grand-daughter's little hands and feet would turn almost black in the very cold weather here in England, and were very painful. The doctor said that when she reached ten years of age he would arrange for an operation. Now her hands and feet are normal. Thank you all.

Lecture delivered in Johannesburg by Nicol C. Campbell



Begin to Love

Many of you have already discovered, and all of us will sooner or later have to realise, that ultimately gratitude, love and thanksgiving will have to play the major part in our daily living.

When I started out in Truth many years ago, I knew that I had embarked on a voyage of discovery. I was very conscious of my own shortcomings and often wondered whether I should ever be able to emulate the Christ way of loving and forgiving or succeed in building up within myself His understanding of the actual presence, in man, of God's all-encompassing Good.

I began my spiritual journey with a very open mind and if I had felt constrained to join any particular religious sect I should not have hesitated to do so, for I was – and still am – convinced that God, knowing that it is the Spirit only that giveth life, does not concern Himself with rites or ritual.

The creed a man adopts depends largely upon where he happens to live; if that is in Europe or America he is called a Christian, if it is in Asia he becomes a Buddhist or a Muslim, or belongs to some other smaller denomination, and it would be absurd to imagine that only those who have accepted Christ's teachings are able to find the consciousness of the Omnipresence of the Father.

God, Who is Love, constitutes all mankind and He can no more fail to love all His children, irrespective of the specific religious cult they have chosen, than could an earthly father discriminate between the one son who bore his own first name and the others who were called something else. It would be fantastic if a parent, for such a reason, felt that the latter did not belong to him and so decided to deprive them of their heritage.

The more I come into contact with people, the more I learn from them of the Nature of God, for it is only the God in man that inspires our love for our fellow creatures and makes possible the heroic sacrifices that one person will often make for another. I know of a case where a woman loved a husband, who was a confirmed drunkard, for thirty years; He beat her, cursed her, and made her life a hell for all that time yet when I asked her how she had stood such misery, she answered simply, "But I love him!" a devotion such as this, that loves just *because* it loves, is of God, of that God Whom the Christ called "Father" and Who takes all His children of whatever race, colour or creed under the shadow of His protecting Wings.

If we would be like him, we too must be ready to help wherever we can, must forgive seventy times seven and must refuse steadfastly to parley with conditions, to not admit of God and evil, of good and bad, for as long as we do this we shall be but houses divided against themselves in which sickness, poverty and unhappiness will dwell, maintained there by our own sense of separation between ourselves and our Creator.

Why are we all so hard of heart? Why, instead of accepting the simple teachings of the Christ, do we stray from the way He pointed out and so find hatred, enmity and jealousy at the end of our path and *not* an all-loving God?

We shall never find Him until we follow after Him, and we must take on His Qualities if we would do this; and since He is Love, it is only when love and thanksgiving fill our lives that we shall know of His Presence within ourselves. When that comes to pass all will be easy, His Spirit will direct our thinking, feeling and acting; We shall no longer be classified according to the sect to which we may belong for it will be by our works that we shall be known. There is only one yardstick by which we can judge one another and that is the measure of love that flows from us to all mankind.

God is not an Entity Who loves us, but is the Universal Love That created all things animate and inanimate, and That constitutes us. It is this divine Attribute That, when we accept it, will fill Itself full in us so that nothing unlike it can remain behind.

When I am in any doubt as to the course that I should take I do not ask myself, as my father taught me to, “What would Jesus do?” for He was so spiritually evolved that I cannot tell what this might be; I do not even speculate – as I once did – upon how Christ Who is God fulfilled through the personality of Jesus, would act for I am not sufficiently advanced to understand this either, but I can, and do, ask myself what love would do?

I know that It harbours no bitterness or resentment, that It never retaliates, is not selfish or possessive, that It is the very Substance of God That fills my heart with peace by eliminating all my fear and That becomes to me my health, protection, happiness and prosperity – the sum-total of my being.

If It is all of this to me It cannot be less to those of you who are victims of disease and fear, or who lack the bare necessities of life, so will you not, for your own sakes, learn to love Him, that by this love you may be set free?

Once you have experienced this liberation you will not need to strain and struggle, to try to find Him by way of books or people, for when your hearts are filled with love it will fill your bodies with radiant health and bring into material manifestation whatever you may require or desire.

It is not necessary for me to put before you the metaphysical aspects of Truth if *only* I can teach you to love not only God and the Good, but all humanity as well. If I can accomplish this, my mission is fulfilled. Each individual is a part of every other human being; there is no such thing as separation; whatever we are, whatever we have, we remain all members one of another. The one spiritual Love That is God permeates the saint and the sinner, the prostitute and the dipsomaniac and ultimately all will gain self mastery as they become conscious of the Spirit of Christ dwelling in them.

We are all at different stages of development, which is to say that Life, or Love, has evolved to a greater degree in some than in others, but that does not mean that the former are “better” than the latter; both are examples of the one spiritual Life of God, externalised on this plane of consciousness.

God within you is the Love within you that makes all things new. It is the insight that can see in the action of a seeming enemy an opportunity for the expression of that Love. It is the invisible quality that enabled the woman of whom I spoke to say, “Even though he beats me, starves me and humiliates me, I love him”.

It is the Hand of God That will pour out your good upon you if you, remembering that His Hand is also yours, will hold your own hands open, for if you keep them shut, sickness of body and mind, unhappiness and poverty will be your portion. It is the Power That overcomes all obstacles and brings you victory over self and circumstance.

If you want to fly a kite you need the resistance of the wind and if you wish to grow, mentally, emotionally and spiritually, you must have opposition and those whom you look upon as enemies, because they seem to be thwarting you, are in fact helping you to find the consciousness of your good.

It is not easy to see things in this way, I found it very difficult at first. I knew that I ought to love and bless those who spitefully used me, and I tried to do so, but when I forgave them with my lips there was no forgiveness in my heart.

All of us have to put off the human and take on the Christ-likeness, which is why I teach you – and myself – to love your enemies and to pray for their prosperity, success and all good. It is they who keep us on our toes, prevent us from becoming mentally lazy, enable us to see that we and God are a majority provided we are at one in Love. Love is the only Force in the universe, and those who do not live in tune with It have no power at all.

Let us not lose sight of that at-one-ness. Let us remember that there is no separation, that we are all indivisibly united in Love so that there is no one in all creation for us to fear. What if I, *by opposing you*, bring about in you a greater awareness of your good, a deeper appreciation of your health, happiness and prosperity, would you, considering the fact that I was willy-nilly pushing you up higher and higher, find it difficult to love me? It is by way of our dilemmas that we realise the Omnipotence of God constituting us. It is when we see the most dreadful conditions removed, the most appalling problems resolved by the power of His Love that we are willing to forsake all else and follow in His train.

Not very long ago I saw a case of chronic cancer and one of T.B. of the lung (both of which had been given up as hopeless by the attending doctors) healed, not due to any understanding of metaphysics, not through any extensive knowledge of God, not because the individuals concerned belonged to the School of Truth (it happened that we were there to help them) but because of the Power of Love working in and through these two people.

It made no difference whether these sufferers had been taught about Love through the Presbyterian Church, the School of Truth or by Bush Baptists, the Power was there to dissolve the conditions the moment the effort was made; but, believe me, that could not have been easy.

It is our job to try to teach you, who are seeking God how to find him. We do not wish to make you dependent upon us, we want you to learn to stand upon your own feet. All of us have an immense amount to overcome in our mental and physical beings and it is not simple for us to learn to be loving, forgiving, kind, tolerant and understanding, but if we would succeed in building up the spiritual awareness of God as all the good that the human heart requires and desires for harmonious living we must *begin to love*.

We cannot live your lives for you. From time to time we can stimulate your faith, urge you on to greater effort, but in the end it is you yourselves who must attain the inner awareness that there is no separation between you and your good, for it is only when this knowledge has become an unshakeable conviction that God will become permanently manifested as health in your bodies, peace in your minds, happiness in your hearts, and material success in your affairs.

The time must come when each one will have to stand full square by himself, when there will be no Truth teacher and no other human being near to help, when he will have to walk alone with God. None but God can give you surcease from the inner emotional pain and heartache that at some time or another comes

to each one of us. He is the only cause operating in our lives and when negation enters our affairs, this is not brought about by any power outside of Deity that we have set in motion, it is due to a sense of separation from him that we are harbouring, which can bring forth any kind of discord imaginable. The only way in which we can overcome this is to flood the situation with love.

A very dear old lady once said rather wistfully to me: "In God's good time I am sure it will happen!" To which I replied: "But when do you think that is? His time is **THIS MOMENT!**" She was still living in a state of (conscious) separation from Him, hoping that at some future date He would look down upon her and be pleased to release her from the condition that was troubling her. She did not realise that in Him is no time, and that we live and move and exist in the everlasting Nowness of Love, *if there is love in our hearts.*

Despite the fact that many people scoff at Love, feeling that it is something for ministers, woman and weak men to believe in, I have found It to be an omnipotent, practical, physical, material power, or rather *a Power that acts along such lines*, when called upon by us.

When we release Love, we are setting free the Cosmic Thought That originally created, and still maintains, the universe, including you and me, so it is not strange that it can remove a condition, a personality, or a group of individuals with an ease that appears to be magical.

I wonder how many businessmen realise that they can expand their enterprises enormously by introducing Love into their relationship with their clients and customers, for the simple reason that by doing so they invest themselves with the magnetic Force of God That draws His body temples to It, just as a candle attracts the butterflies and moths that come within its orbit. From the moment they begin to conduct their affairs, not purely on a give-and-take basis, but in a spirit of helpfulness, they will no longer have to strive and strain, to be constantly on the *qui vive* lest some competitor outmanoeuvre them; they will be able to devote themselves to selfless service in the peaceful realisation that this cannot fail to bring its reward.

The Law of Love is our Shepherd and when, with our hearts full of thanksgiving, we learn to love both God and man, all fear of sickness, poverty and unhappiness will be dissipated, and we shall indeed enter into the glory of the Lord.



An obstinate man does not hold opinions, but they hold him.

- Pope



*Narrowness of mind is often the cause of obstinacy:
we do not easily believe beyond what we see.*

- La Rochefoucauld

Worship



“Oh, worship the Lord in the beauty of holiness” (Ps. 29:2). “Holiness” can be interpreted as “wholeness”. Our wholeness takes in

the physical, the mental and the spiritual, and surely the beauty of the wholeness of these three would be their working together in harmony – as one. Have you never started a project and had an uneasy feeling about it? That is a sure sign that something is amiss, that one of the three is out of adjustment. Look within and discover the disharmony and then act upon your findings in order to follow the God-directed path.

First let us go deep within to the spiritual aspect of worship. The most important, as I see it, is complete self-surrender – the giving of the self freely and willingly and with no sense of sacrifice in it. If there is the slightest feeling of sacrifice it is not surrender, for it means you have not the joy of giving. With surrender we consciously merge with the Divine, and to become one with God is to worship him – to aspire to his perfection.

In order to surrender there must be loving trust, realising that God knows what is best for us, and even though we suffer difficulties it is to bring us through a needed experience at the “green pastures and still waters”.

And this brings us to peace – “that peace which passeth understanding” – and from there to joy. Yes, we worship God spiritually through self-surrender, trust, peace and joy, and all these are included in love and adoration of the Father.

Worshipping God with the mental part of us is the next aspect. The intellect has its part to play. The Bible tells us, “Study to show thyself approved unto God ... rightly dividing the word of truth” (2 Tim 2:15), and “Come now, and let us reason together” (Isa 1:18). We must understand as far as possible That which we worship. We must not worship “ignorantly” as did the men of Athens (Acts 17:23), for with knowledge comes understanding and power, and we need the power of righteousness (of right thoughts and actions) in our worship of God. Our thoughts must be translated into action, and that brings us to the physical.

It is through the physical that mental and spiritual are made manifest. When these are co-ordinated, they show themselves on the physical plane as actions bringing the divine consciousness for all to see. Our physical bodies are the instruments which God uses to bring his Kingdom on earth. And to bring forth the Kingdom of heaven is to worship God.

Some of us feel we have outgrown the need to worship God in churches (buildings made by men), at a set time, on a set day each week; but in church and from lectures and books, and particularly the Bible, we can gain inspiration for worship. It is a step on the way until we realise that we have to seek within.

For some people ritual, symbolism, chanting, singing are inseparable from worship. Do not condemn them for they are only on another path going towards the same Centre as we ourselves. And singing praises to God whenever we can, is a very practical way of worshipping Him and expressing joy and helping to uplift our fellows.

With others, the way of worship is through meditation - listening for the still small Voice and gladly obeying. This way of worship requires complete relaxation, with no concentration or effort, and we lose all sense of the body. Becoming silent to all things physical, mental and emotional, we go deep within where we can feel God's Presence and our oneness with It, and realise that our true being is spirit. This realisation of oneness with the Divine every moment is continuous worship, if you like, praying without ceasing. We do not ask for anything, but wait to receive, knowing it is there (or rather, *here*) – in other words, utter surrender.

The more we worship God in spirit and in truth the sooner will His Kingdom come. May our hallelujahs join with those of the Heavenly Hosts in worshipping the King of Kings. Worship is a way of life.



*Where education has been entirely neglected,
or improperly managed, we see the worst passions ruling
with uncontrolled and incessant sway.*

- Parr

What is Happiness?



There are people whom it is a joy to meet because they positively radiate laughter and happiness. They are optimists and that is what we should all aspire to be.

Have you never met people who can find humour even in adverse circumstances? I met a woman once whose treatment of “bad times” was an absolute sermon. Her ranch had been in quarantine for “foot and mouth” disease for some years. They had not been able to sell cream or cattle and the result was poverty, but her sense of humour did not fail her: “Why”, she said, “I even had to patch my husband’s clothes with flour sacks, and he was really most annoyed when he found the rising sun on the tail of one of his shirts”.

Happiness is a state of mind, which does not necessarily depend on outer conditions. We do not have to travel the earth to find it. A translation by Dr. Gilbert Murray from Euripides says:

“Whoe’er can know, as the long days go,
That to live is happy,
Hath found his heaven.”

And Thomas Burke said that if we cannot find happiness in the mere fact of living, we are not likely to find it in the accidents and incidents of living.

There are people who make their own misery because they try to remodel those about them nearer to their own heart's desire. They will not look for the good in those around them, but for their faults. They either forget or ignore their own. And they forget to count their blessings. If they would look for the best and expect the best, they would not only help to call it forth, but they would be much happier themselves.

We are the result of our thoughts, and if our minds are unhealthy, we can expect to have unhealthy bodies too. We shall also, possibly, have ugly lines on our faces. Worry, which is the child of fear, is the deadly enemy of joy, and therefore if we want to be happy, we must eliminate it. This we can do only through faith in the Power of God within us. Humanly we are weak, but we have all His Strength and Power to draw upon if we will only have the necessary faith to claim it in gratitude and humility.

Our reaction to the trials and problems of life will largely determine whether we are to be happy or miserable. The brave person walks straight up to a difficult situation and faces it boldly and overcomes it. The timid one tries to run away from it, only to be pursued by it.

If you are one of those people born with "God's good gift of laughter" cherish it, for it is one of life's great assets. And it is one which can be cultivated. Instead of allowing circumstances to depress us, we should practise right thinking. We are probably only on the fringe of knowing how powerful thought really is.

If we feel depressed, we should count our blessings – remember the happiness we have known – turn our minds from whatever is depressing us and do our best to smile.

Each of us should play his part in making this world a pleasanter place in which to live. This means that we must cultivate selflessness. We must think more of making others happy than of our own joy, though we shall find it when we give it to others.

Let us cultivate the gift of laughter, and we shall discover a ready response in those around us. Let us rely on the Spirit within us to guide us, for if we want to be happy, we must obey God's laws. And let us make love the ruling factor of our lives, for without it our days are barren. Love begets love and every normal person wants to be loved, for love is the greatest thing in the world. The love of those around us helps us in times of stress. It makes them rejoice in our successes and sympathise in our failures. It sweetens our lives.

Remember that it is a duty to be happy. No one will be attracted to our philosophy of life if we go about with long faces. But if they see that it brings us joy, they will probably want to know more about it.

For our own sakes, and for the sake of those we meet, let us greet life with a smile.

From a lecture by Nicol C. Campbell



God Unlimited

The true desire of your heart, whatever it may be, will not *become* true for you and will not *be made* true for you by God. It is already manifest within you, there from the beginning, but you have to unlock the door that keeps it in.

We are not a tongue in cheek organisation I feel we practise what we preach. In all these eighty years I have never found God to be limited. So many have said to me “But you see I cannot have what I truly want because I am selfish. I am wanting too much. Perhaps I might be depriving someone else of it.” And I respond, “does this desire come from within you?” “Yes.” “Then this desire is the leading shadow of the event itself. It is God telling you emphatically ‘This is what I am in you. Open your hands. Release me’.”

I often run a checklist for myself. I ask myself what my greatest needs are. The first is of course health and the others are the ability and substance to carry on this work in Truth. I never worry whether I am up to it, even at my present age. And my checklist is always ticked – because I am keeping my mind and heart and hands open to the fulfilment of my true, deep and personal desire. I am imparting a message to people and they

are absorbing it, understanding it, and harbouring no doubt that it is true.

Anything that you ask “in My name”, that is knowing that it arises from the Presence of Love within you, cannot be harmful. It cannot deprive anyone else of good. And “anything” has no limit. Your part is to ask yourself whether you are *accepting* this good, this unlimited good from God. When you get something from God, you cannot misuse it: “The blessing of the Lord makes rich, and He adds no sorrow therewith,” – no sorrow.

In my case, if my heart is right with God, if people are being uplifted by what I am doing, finding courage to venture forth into the dark, and experiencing the knowledge that makes them certain of God, then this is my true desire, the promise of God within me, being fulfilled in overflowing measure. Every letter that we receive, and we receive letters from all over the world, which tells of the demonstration of God, becomes part of myself. I say, “If this man in Timbuktu has experienced this, then so can I.” God is omnipresent law: “Whatever you ask in prayer, believe that you *receive* it, and you will.” You receive it *now*, not later. I know it is not easy to believe when you are sick and in pain. It is not easy to believe it when your heart is unhappy.

We may help each other with pain and sorrow. A friend of mine has come to this city today. We are burying his father and naturally he is very sad. So, I know that death is passing from one plane of consciousness to another, that in Truth it is surrounded by joy, not sorrow.

My friend knows it too but right now he needs to be upheld in warmth and understanding. Never be nonchalant about the needs and desires of others. We are each the hand of God to others.

Ask yourself daily “How good a hand of God am I? Do people who come into my orbit want to be with me? Do they want to have what I have, be what I am? Am I radiating the *certainty* of God?” As I said, we are not a tongue-in-cheek organisation. What is flooding my own heart at this moment is a feeling of warmth, of Love, which I am sharing with you. I can say to you without any reservation that all that God has been to me in these eighty years He can be to you too, if you will but *accept* it, and then live as though it was already happening.

If you need health, you must *become* that quality, although there may be pain in your body and you are suffering and unhappy. God and pain cannot be in your body at the same time. Your intellect accepts the pain, but mind rejects it. Your intellect is full of worldly “facts”, of limitations, but God is unlimited.

Look into the vista within you, the endless and eternal vista of Mind, and try to realise that all this endless Power is available to you, to remove doubt from your mind, sadness from your heart, and disease from your body, but It is contained by what you make available to it. This limitless and all-pervading Power has to pass through *your* mind and heart. It cannot come through you unless you permit it.

God lives here through us mortals. We are not something which He has created, and just put here. We are His own presence manifesting according to how much of it we can receive. The more Love we allow to flow through us, the more fearless we become, the more fulfilment we experience in every aspect of our lives, and the more certainty we radiate to others. True prosperity is the consciousness of God as happiness, and health, and material supply. It never goes to your head, makes you foolish. You become a steward of God, using God's substance wisely.

Decades ago, I took a "half-crown" and blessed it and said "This is for Your work and in Your name. It is round and it will go round and round and round and bless all who come into contact with it."

- (Ref. Rosebank 861112).



*Raise your words, not your voice.
It is rain that grows flowers, not thunder.*

- Rumi



*I place myself and all of my concerns lovingly,
in the hands of the Father with a childlike trust.
That which is for the highest good shall come to pass.*

“The Light of Truth”



A Lonely figure appeared on a Hill
in the silence and breath-taking
wonder of twilight.

He stood in the midst of time, between Heaven and Earth, and looked upon the world below. In His hand he held the Lamp of Eternity, from which the Light of Truth shone forth.

His eyes were filled with compassion and longing for the souls who had chosen to lose themselves in a desert of vengeance, war and hatred, rather than find themselves in a beautiful garden of forgiveness, peace and love.

He uttered no word, but His eyes seemed to convey a pleading message to all who are earnestly seeking righteousness, a message to spread His teachings far and wide, and enrich the world with gifts of Goodness, Truth and Beauty, for the time had come for the Light of Truth to shine brightly before all men, bringing them at last, in their endless search for Peace, the realisation of their oneness with God.

As He vanished into the vast realm of the Infinite, the Light of Truth shone forth once more, illuminating the darkness with its pure simplicity, the only challenging Hope for the future of Mankind.



Divine Love

Divine Love, the affection of the Creator for His created – tender, infinite, immeasurable, and unbounded – is from everlasting to everlasting, a purifying, protecting, renewing and prospering power, ever accessible to me, always seeking me, constantly drawing me.

Divine Love contains my dearest desires, and it is always ready, willing and able to fulfil them, to give to me in overflowing measure all that I need whenever I need it. In Divine Love – Creator, Healer, Giver – I live and move and have my being; no power, no person, no principality, can separate me from the Love that the Creator holds close within me.

Divine Love is a banner over me, protecting me; a messenger before me, preparing a plain, joyous and successful way; a magnet within me, attracting to me it's like; a great and shining light in my soul, blessing all in my world.

Divine Love fills my mind, dissolves all false ideas, and cleanses my consciousness of all past error impressions, and of all thoughts of hard conditions. Divine Love thrills and vitalises my body, neutralises all false accumulations, lubricates my joints, harmonises and renews my organs, and gives to me the freedom of Spirit.

Divine Love nourishes me with its own rich substance. Eternally I am one with Divine Love.

From - "All things made new" By Frances W. Foulks

An Inspiring Thought for Each New Day

*Endeavour to be patient in bearing with the defects
and infirmities of others, of what sort soever they be;
for thou also hast many failings which must be borne with by others.*

*If thou canst not make thyself such an one as thou wouldest,
how canst thou expect to have another in all things to thy liking?*

*We are desirous to have others perfect,
and yet we amend not our own faults.*

- Thomas a Kempis



*'Speak to Him, thou, for He Hears, where spirit with spirit can meet;
closer is he than breathing, and nearer than hands and feet'.*

- Tennyson



Happiness

Happiness cannot be travelled to; owned; earned; worn or consumed.

Happiness is the experience of living every moment with:

***Love; Grace; Gratitude;
Compassion; Joy; Peace; Kindness
and Harmony.***

God Bless You



Prayer

*Our Father, Spirit That is Love within me,
Revered and holy be Thy name,*

*Let thy Kingdom of Love and Goodness
come into expression through me,
and Thy Will be carried out in and by me,
here upon earth as is done in Thy Spiritual Realm.*

*Be thou, this day, the fulfilment of my every need
and the illumination of my understanding.*

*Help me to forgive my debtors
that I myself may be set free.*

*Teach me of Thy Presence of All-good
And lead me away from all error thinking,
all negation, delusion and vacillation.*

*Preserve me, my Father,
from every kind of separation.*

*For Thine is the Kingdom within me,
The Power and the Glory that fill me,
For ever and ever, Amen.*

July 1st**SATURDAY**

◆ *Giving thanks always for all things.* – Eph. 5:20

Do we always remember to count our blessings and give thanks to God, the Giver of all good gifts?

Perhaps we forget that without God we could not exist, and certainly could accomplish nothing without His intelligence and power, of which our intelligence and power are but infinitesimal parts. You may pass an examination, rise to the head of your business concern, or what you will, and you may pride yourself that you have done so by your own stout efforts. So you have, but without the power of God behind you what could you have achieved?

We do not always recognise our blessings when we receive them. Experiences may come to us which possibly seem anything but blessings at the time, and only later do we recognise them as such, if we ever do so. But if we love God, we thank Him daily for all his goodness to us – we turn to Him in our joy as well as at other times. If we do not appreciate what He does for us, we do not deserve to receive His gifts, so let us not forget to express our gratitude.

***Daily I give thanks to God for all
his manifold blessings***

July 2nd

SUNDAY



Meditation

My Father

Empty my mind and heart of all spiritual striving, of all speculation and emotional hunger for Truth. I become as a blank slate and rest contentedly in this state of utter simplicity.

I have only one choice in relation to You. Either I say “yes”, or I say “no”. I cannot incorporate You in any way into worldly complexity. You dwell in and about me, yearning to dispel with your light every shadow of difficulty that appears in me and my world. All you ask is that I accept you.

Now, in this state of peace, I affirm your presence and allow simple gratitude and joy to resonate through my being. I am in you and you in me. I have nothing to fear.



Psalm 23

*The Lord is my Shepherd;
I shall not want.*

*He maketh me to lie down
in green pastures:
he leadeth me beside
the still waters.*

*He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.*

*Yea, though I walk through the valley of the
shadow of death, I will fear no evil:
for thou art with me;
thy rod and thy staff they comfort me.*

*Though I prepare a table before me
in the presence of mine enemies:
thou anointest my head with oil;
my cup runneth over.*

*Surely goodness and mercy shall follow me
all the days of my life: and I will dwell in the
house of the Lord for ever.*

July 3rd**MONDAY**

- ◆ *To give unto them ... the garment of praise for the spirit of heaviness. – Isa. 61:3*

Are you a spendthrift with praise, and a miser with blame?
It is a good thing to be.

This is not to say that you should praise when no praise is due, but that you should look for something to commend in those about you, and concentrate on that, rather than on their shortcomings.

Take those who serve you, for example - do you always remember to express approval of the things they do well, or is it more usual for you to grumble at the things they do badly? No matter to what race they belong, they will react happily to praise, and unhappily to blame.

And when discussing people with others, do you praise them, or do you criticise and condemn? Do you remember the things about them which win your approval, or those which you dislike?

A little praise is so often what is needed to lift people out of despondency. And to do that is surely something worth doing. Our aim should be to inspire people to further effort, and do our best to uplift them.

***I try always to inspire my fellowmen,
not condemn them***

July 4th

TUESDAY

August 1st◆ *Be ye kind one to another.* – Eph. 4:32

Many there are who pride themselves upon being just to their fellow-creatures, and confine themselves to that, but it is a cold way of life, and certainly does not conform to the Christ's commandment that "ye *love* one another".

In justice there is no giving, for it is the due of the one receiving it and if it be withheld, he has every right to claim redress, but none can actually demand our love, and exact reparation if we do not bestow it. Love is ever a free gift, lest any man should boast; if we do boast about the giving of our love, we are merely vaunting ourselves for passing on that which belongs to us *only* by the Grace of God flowing through us. GOD ALONE IS ALL THE LOVE THERE IS, we are just channels through which His Love goes out, and in the going, blesses us even more than it does those to whom we have directed It.

*Much shall be forgiven me if I love much,
for love alone is the fulfilment of the law*

July 5th**WEDNESDAY****August 2nd**

◆ *Renew a right spirit within me. – Ps. 51:10*

Before you begin the day, take stock of yourself and see if you are starting it in the right spirit. Are you going to your work, whatever it may be, in a spate of joyful anticipation, in yawning boredom, or in absolute dislike of the tasks that lie waiting for you to do? If you are bored or if you dislike your work, you are not doing it in the right spirit. Far better to learn to like it, and enjoy it, until you find something more congenial.

And what is your attitude to people? Do you try to see the Christ in them? Do you love them – not with an emotional but with a cosmic love? Do you take joy in their happiness, and find pleasure when they succeed?

We renew a right spirit within us when we try to draw closer to the Christ in us – when we become more conscious of His Presence, and allow Him to control our lives.

Let us, for a few moments each morning, concentrate on the God within us, that we may go forth to our work ready to meet with a smile whatever comes.

***Renewed and refreshed I go out joyously
to meet the new day***

July 6th

THURSDAY

August 3rd

◆ *I will pray with the understanding also.* – 1 Cor. 14:15

Rest assured that whatever your experience has been up to the present, the moment you begin to “pray with understanding” *all* that you pray for shall come forth without delay, because you will no longer be asking for anything! When we do this, we must obviously believe that we are not yet possessed of it, so we go to God with the request that He furnish us with what is lacking, *in our awareness*, and there is no answer that He can give us for He has already included it in our very selves. We *cannot* seek it outside, cannot beg that it be brought to us, for it is a component of us which can never, in any circumstances, become separated from us. God can do no more about it, for as well as having made it part and parcel of us, he has also *assured* us that it is so (“All that I have is thine”). If we refuse to accept it, then complain because we haven’t got it, He is powerless in this matter. It is for us to pray with understanding, thanking *Him for it*, for it is only in our consciousness that it has ever being divided from us.

***Spiritually my every need is fulfilled now.
In thanksgiving do I prepare myself
for its manifestation***

July 7th**FRIDAY****August 4th**

- ◆ *By this shall all men know that ye are my disciples, if ye have love one to another. – John 13:35*

We have so much love upon which to draw that we have enough to share with the whole world. We draw it from the never-ending source of perfect love – God. No matter how much we take and pass on to others, the source never gets dry – never even lessens, for it is inexhaustible.

If we want to receive, we must give, and this applies to love almost more than to anything else. Every normal person wants to be loved, and therefore, must give love to others friends or enemies. The channel through which it flows must be kept clear of anything that might be likely to impede it – it must flow freely from God to us, and from us to those about us; and indeed, to all men regardless of colour, race, or creed.

The world needs love so badly – love, which is the parent of tolerance, helpfulness and all kindness – for it is the creator of all things good and beautiful.

Let us thank God for those whom we love, and those who love us and bring us so much joy into our lives.

***I share with others the love that God gives so
freely to me***

July 8th**SATURDAY****August 5th**

◆ *Be still and know that I am God.* – Ps. 46:10

Stop worrying, fretting and questioning, and instead *know* that Good is omnipresent. No situation can arise in which you are thrown entirely on your own resources, for God is in the midst of it, and if you will but recognise Him, He will solve whatever problem faces you and bring good out of seeming evil when you put your trust in Him.

To know “that I am God” is to understand that there is no place in all creation where God is not. Whatever we see in the heavens and upon the earth is the Father expressing as that thing; He dwells in all that He has brought forth, consequently He is within both you and me. We can never be separated from His Presence, His Power, or His Love, so no matter where we are, and in what danger, anguish or degradation, He is with us, is the very Life maintaining us, and His strength is sufficient to deliver us, rescue us, and meet all our needs. But if we would enlist His aid, we must manage to get “still”, to quell our fears and calm our quivering hearts; then when with confidence and courage we turn in faith to Him, He will indeed be our complete salvation.

I fear no evil for love is with me; its rod and its staff they comfort to me

July 9th

SUNDAY

August 6th

Meditation

My Father

Not my will but Thy will be done.
As I let go of all predictions,
wilfulness, and pride, I enter a place
of complete humility. My little wisdom
and power make way for All-knowledge and All-power.

I cannot serve two masters. As I slip from the influence of the prince of this world, so do Your loving arms embrace me, uplift me and protect me. I have no need for self-effort, defensiveness and worldly image. In my weakness I am made strong. It is not me who does the works, but you within me.

With You dear Father I find true Self. Your light shines through me, illuminating my way and drawing others towards me.

Yours is the Kingdom and the Power and the glory, forever.

July 10th**MONDAY****August 7th**

◆ *Jehovah is my light and my salvation.* – Ps. 27:1

To whom should we look in all the vicissitudes of our daily experience, if not to God? He brought us forth and put us into this world, with all its pitfalls and dangers, but He did not leave us alone to find our way through life's mazes, entirely by ourselves. He has not been separated from us for an instant since, IN LOVE, He created us. He is ever within us as all that we can need; His Life sustains us, His Abundance is our supply, His Love protects us, and it is in Him alone that we live and move and have our being. No evil can befall us as long as we know that His Presence envelops us and shields us from all harm; it is only when we lose sight of the Truth of Being - our complete oneness with our Maker - that discord moves in upon us and negation starts to play a part in our lives. We cannot fight these evils, the battle is not ours, but God's, so all we can do – AND IT IS ENOUGH – is to return to Him, in the absolute conviction that we never were, and never shall be, divided from His All-sustaining LOVE.

***God shall give his angels charge over me,
to keep me in all my ways***

July 11th**TUESDAY****August 8th**

◆ *Is there unrighteousness with God? God forbid.* – Rom. 9:14

There are still people in the world who think that it is God's will that there should be wars, and sickness, and poverty. "Why does he allow it?" they ask. God neither allows nor disallows these things. By giving us free will He made us responsible for our own actions.

Our experiences are the result of the working of the law of cause and effect, which is unalterable. As we sow, we shall reap; and as we think in our hearts so we are, for thought is creative. We cannot sow thistles and have a harvest of wheat; and we cannot think wrong thoughts and expect right to materialise.

Man must realise his responsibility to himself and his neighbour. He can choose whether he will live according to the rules given in the sermon on the mount, or spend his days in pleasure-seeking, leaving God out of his life. If he does the latter let him not blame God for the result. If he chooses to obey Christ's rules, he can expect joy and peace of mind to eventuate.

***My God is a God of love and justice
and in Him do I trust***

July 12th**WEDNESDAY****August 9th**

◆ *We know not how to pray as we should.* – Rom. 8:26

We confuse prayer with petitioning and spend our time reviewing our lacks and asking God to fill them for us, and in doing this we make big mistakes. The first is in seeing ourselves bereft of any good, and the second is in imagining that God could come to the rescue if such a condition existed, which of course it never could.

God, we *should* know, is Omnipresence; this means that the All-good that constitutes Him is everywhere equally present at the same time, and *all of us are somewhere*, therefore, it must be where we are, and since, no matter what at this present God may be bringing forth, His work for *us* is done, there is no more that He can give to us because at our beginnings we were completely equipped, conditioned and supplied, nothing whatever being withheld from us.

We do not need to *get* things, all we have to do is to change our false beliefs about them, beliefs that recognise loss and limitation.

***I give thanks that God is my all sufficiency
in all things and that I can never want***

July 13th**THURSDAY****August 10th**

◆ *For as he thinketh within himself, so is he.* – Pro. 23:7

Whether we are happy or miserable depends on the state of mind we are in. But if we are true Christians, we must be happy people, for we cannot be Christians and pessimists at the same time.

Someone said: “Keep your face always turned towards the sunshine and the shadows will fall behind you.” Look for the good things in life and in your fellow men, remembering that life comes from God, and your fellows are your brothers. Cultivate laughter and humour, which are God’s good gifts to mankind. Don’t allow fear or depression to take root within you, but think cheerful thoughts, for then your speech and actions will be cheerful too.

Uproot everything that is negative and destructive in your mind – hatred, meanness, greed, jealousy, and other unworthy emotions. Replace them with what is positive and constructive – love, unselfishness, courage, and confidence, if you would be successful spiritually and materially.

Aim for the highest and the best. Be an idealist and try to live up to your ideals.

***I dwell on the things that are good and true
and beautiful that I may become them***

July 14th**FRIDAY****August 11th**

- ◆ *The Lord is my rock and my fortress ... and my high tower.*
– Ps. 18:2

Many are the “high tower’s” that have been built and are still a-building which are widely separated from Jehovah, and all of these, sooner or later, topple down for they are grounded upon materialism – ambition, personal interest, the lust for power – and none such can stand. But there is a different sort of stronghold that is made of spiritual Ideas and is founded upon LOVE, and this is the sole-structure which human beings begin to raise, a bit at a time, when they acquaint themselves with Truth and start practising it.

Kind thoughts are its scaffolding, good deeds its bricks, enlightenment its windows, and love is the cement that holds it together. These edifices are not easy to construct; We all have to work very hard at them, cutting out negative thinking – doubts, anger, envy and resentment – and cultivating the attitude of mind that sees no evil, fears no rivals, and knows no enemies.

No man having built himself such a spiritual fortress ever dwells in it alone, for LOVE moves in with him, to guide, guard and protect him, and to bless all that he is and does, for in *him* the Father is “well pleased”.

***As I strive to build my life on truth, I know that
love is ever with me as my shield and buckler***

July 15th**SATURDAY****August 12th**

◆ *But the end of the charge is love out of a pure heart and a good conscience. – 1 Tim. 1:5*

The kind of love we should cultivate towards humanity in general is not concerned with the emotions. It is a universal love –it is the out-flowing from us to others of the love which comes to us so freely from God, in an unending stream.

When we love in the right way our desire is to give. We give sympathy to those who are in trouble; we give service to those who need our help; and we share the joy of those who are successful. And though love comes back to us in the measure in which we give it, we are not concerned with any return of our gift, but find our joy in the giving.

God uses us as the channel by which to send his love to mankind, but it is for us to keep the channel undefiled. We must not impede the flow by any impure thoughts, or words, or deeds.

Let us radiate love to all with who we come into contact, that they may know that in times of stress they may turn to us for help.

***I strive so to live that I may express God's love
to all his creation***

July 16th

SUNDAY

August 13th

Meditation

My Father

I leave behind the marketplaces of the world, all negotiations, all offers, all contracts. Only one basis exists for me to enter your house – absolute trust.

I abandon all of my notions of You, for You are already in me and know everything about me – my every need and desire. There is nothing left for me but to place myself unconditionally in your loving hands. As I do this a feeling of peace sweeps over me. I know that all is well and that You prepare the way intended for me that I may glorify You.

Never again can I let go of Your hand. You make me whole. I am necessary to Your purpose. My being is filled to overflowing with Love and Joy.

July 17th**MONDAY****August 14th**

◆ *Be not children in mind.* – 1 Cor. 14:20

Are you sometimes accused of being inconsistent? If so, do not be disturbed. If men throughout ages have not changed their minds, there would have been no progress. How can we ever discover the truth if we are not prepared to alter our opinions? What appeared to be a fact last month may be disproved today.

If we would progress spiritually and mentally, we must keep open minds – we must examine new ideas carefully without prejudice in order to find out if we can accept them or not. We do not still cling, I hope, to the idea which was given to many of us in our youth of a God sitting in a far-off heaven taking note of all the sins of frail and erring humanity. We have outgrown that childish conception.

An adult mind is not static – it doesn't worry about being consistent. With a foolish consistency, as Emerson says, the great mind has simply nothing to do. He may as well concern himself with his shadow on the wall.

Discard any outworn ideas that you may have, that you may go onwards and upwards to the heights.

***I keep open the windows of my mind that
I may progress in knowledge and understanding***

July 18th**TUESDAY****August 15th**

◆ *Thou shalt worship the Lord thy God
and Him only shalt thou serve. – Mat. 4:10*

It is not enough to declare that God is All-in-all while at the same time recognising, and more often than not suffering from, disease, lack, unhappiness and failure, for as long as those form part of our experience, we are serving them, and cossetting them although no one would admit it. “Who”, these people will indignantly ask, “would be so mad as to cosset sickness, poverty, pain and failure?” and the unhesitating reply must perforce be “You!”.

These conditions are not self-sustaining, for they have no power within themselves, so for them to persist they have to be maintained by the consciousness of the individual experiencing them, there being no exceptions to the law that “as a man thinketh in his heart, so is he”.

Negative concepts held in mind bring forth according to their kind, not that one has specifically to dwell upon disease to contract measles, or on penury to lose all his money, but for those things to happen to a person, must at some time have believed in and accepted discord as a reality.

***I acknowledge and give thanks for only the presence
and power of God active in my life this day***

July 19th**WEDNESDAY****August 16th**

◆ *I am with you always, even unto the end of the world.*
– Mat. 28:20

What a comforting thought this is when we are faced with some new undertaking – new work, a new environment, or new people, perhaps. Those who have allowed themselves to get into a groove which they are afraid to leave would lose their fear if they realised the truth of today's text.

We are never alone. God is always with us to help, guide, and cheer us when we are facing some new experience. He is within us, and if only we could know it, and feel it, what a difference it would make to our lives. How could we fear, knowing that His strength and power, His wisdom and understanding, and His love are ours to claim at all times?

When we put our trust in the God within us, He guides us into the way of truth. He teaches us not to judge by appearances, but to know the real from the unreal. He makes us feel that underneath us are the everlasting arms, and so gives us courage to face what comes. No place is strange to Him, and no undertaking is difficult. Then let us learn to rely on His help.

***I give thanks for the knowledge that
God is with me at all times***

July 20th**THURSDAY****August 17th**

◆ *That life that I now live in the flesh I live in faith.* – Gal. 2:20

What is the “life that we live in the flesh” but the One Spiritual Life expressing through the vehicles specifically brought forth for that purpose? Is the Life that is so verdant in an oak, so many-hued in the flowers, so seeming slow and still in rocks and crystals separated from the Life That is *God*, who is Omnipresence, in and through all things as the Essence That holds them together?

Faith is the foundation of being; we cannot take a single step, move an object, or perform any action, but by faith, and this will apply to our experience on all planes of awareness.

“By faith were all things made, that were made”. God Himself could not have created the cosmos unless He had started out in the faith, which is Knowledge, that what was to be, already was in the Divine Consciousness.

Where we make our mistakes is in putting our faith in that which is not and never can be! We accept negation as a truth, so naturally we believe in the evils that it brings with it – sickness, unhappiness, lack and failure – instead of resting our hearts and minds upon the eternal verities that encompass all that is good.

***My life is hid in God, so I confide all my daily
living to his care and go free to enter into
my heritage of all-good***

July 21st**FRIDAY****August 18th**

◆ *This day is a day of good tidings. – 2 Kings 7:9*

How are you greeting this new day – with pleasurable anticipation? Are you looking forward to your work, as well as your leisure time? Are you expecting to be happy in all that you do, and to make others happy also?

Make this day a day of achievement. Decide to put your best into your work; to accept any opportunity that offers to help another; And give thanks to God that you have something to do and the strength and ability to do it. The mistakes of yesterday are behind you, so make up your mind to do better today. It can be a day of good tidings if you start off with happiness and love in your heart.

Life is as wonderful as we choose to make it; And the world is full of interesting things to do, and see, and hear. “Life is”, as W.E. Gladstone said, “a great and noble calling: not a mean and grovelling thing that we are to shuffle through as we can, but an elevated and lofty destiny.” That being so, surely, we should live each day as fully as possible, accomplishing all we can.

***I give thanks to God for a new page
in the book of life today***

July 22nd**SATURDAY****August 19th**

◆ *Father, I thank Thee that Thou has heard me.* – John 11:41

If we could but finish our prayers with the words in the above text, we should never have to ask for anything at all, but only to give thanks for the bounty we had received in overflowing measure. But we do not realise that God, as the fulfilment already in manifestation of the thing we long for, is within us. We seek Him in a far country, where we shall never find Him, for did not. The Christ say, “Behold! I and my father are one”? How, then, can we be separated from him? We are made-up of His Attributes, His Life sustains us, and His Mind thinks through us. What do you imagine It thinks? “I am poor, sick, poverty stricken, and a failure”? Could God, who is of too pure eyes to behold iniquity, know of such things, and if Omnipresence cognizes them not, what does this imply? Surely that they are not Realities, that they have no presence and no power of persistence. Let us not look for Him in the distance but, turning our gaze within, let us seek Him, AS LOVE, within our hearts, and when we have found Him, let us go on our ways rejoicing, crying, “I have found That Which was lost, (in my own awareness) and my cup runneth over, for All-good is mine.”

***Once I really know that love is my supply,
I can never want for anything.
Let me seek this knowledge***

July 23rd

SUNDAY

August 20th

Meditation

My Father

I leave a world of rush and diaries and deadlines. I empty my mind of all concerns about future events and enter the realm of Timelessness and Peace.

As worry and fear depart from me, I am able deeply to relax. Urgency is replaced by infinite patience. Past, present and future cease to have meaning. In You is the end known from the beginning, with You all things are possible. No longer do I wait for anything because I know all is already done and my part is to open my heart and mind to its manifestation.

No longer do I regard time as something I must fill, but rather as space in which You may do Your works. I step back from sudden appearances and demands and allow Wisdom to show the way. You, dear Father, are never late.

July 24th**MONDAY****August 21st**

◆ *My soul shall make her boast in the Lord.* – Ps. 34:2

We are very apt to think, when some rather spectacular success has crowned our efforts, that we have “brought it off” alone; but even Christ Who wrought so many marvels said, “Of Myself I can do nothing, the Father within Me, *He* doeth the works”. Should not these words give us pause? We *derive* from God, we are constituted of His Attributes, and the Life within us is the One Divine Life That is in all things animate and inanimate, here and throughout the entire universe.

When *we* seem to accomplish anything, it is our Father functioning through His instruments, and the more we look to Him for wisdom, guidance and knowledge, the better shall we live our lives, and the more use shall we be to our friends and neighbours.

We were created that God might express His Love and Perfection through man, and if we will get what has been called our “bloated nothingness” out of the way, He will perform His wonders through us and we shall reap success and honour, but without Him to help us and bless us, we shall achieve nothing.

***In all my ways I will remember God,
and He shall bring the good to pass***

July 25th**TUESDAY****August 22nd**

◆ *I chose you, and appointed you,
that ye should go and bear fruit. – John 15:16*

It is good to meditate, and study, and attend lectures or go to church, but these things are not enough. We must help others as well as ourselves.

We are told that the fruit of the spirit is love, joy, peace, long-suffering, kindness, goodness, faithfulness, meekness, and self-control. Are these the things we are cultivating in our lives? We all fail sometimes, and bring forth fruit that is bitter instead of sweet; For if we were capable of producing only the best we should not be functioning on this plane of consciousness. The great thing is to uproot the bitter and destroy it before it can do harm, and then replace it with the sweet.

Of what use is a fruit tree that bears no fruit; and of what use are we without good works? We must work the works of Him that sent us while it is day, for the night cometh when no man can work.

***I shall try to do only that which is acceptable
to you, Father***

July 26th**WEDNESDAY****August 23rd**

◆ *Praying at all seasons in the spirit.* – Eph. 6:18

How are people who have exacting jobs, to which they need to devote all their working hours, to “pray without ceasing”? Of course if the words “to pray” and “to petition” were synonymous this would be impossible, but real prayer has nothing at all to do with asking for things or favours; it is a joyous recognition of the All-good that the Father has, from their beginnings, provided for all His children here and on all other planes of consciousness. It is a way of saying “Thank You”.

Our first thought when we desire anything of a spiritual, mental, emotional or physical nature should be that “It is already *done*.” All the GOOD we can possibly use is ours and no evil of any kind menaces us or has the power to attach itself to us in spite of what such appearances as disease, unhappiness or failure may be telling us. None of these is of God, *and He is all there is*, so they are nothingnesses, out-picturings of the human belief in error, and when we know them as such, we shall be able, instead of praying for their opposites, to give thanks that our desires and needs have already been met.

*All that my Father has is mine,
and as I remember this at all times with gratitude,
I shall be praying without ceasing*

July 27th**THURSDAY****August 24th**

◆ *Comfort ye my people.* – Isa. 40:1

Let us see to it that our sympathy is always constructive. If a man is starving it is not enough to be sorry for him, we must feed him. But, having done this, let us also try to discover the reason for his hunger, and teach him how to provide for himself if possible.

We can sympathise without assuming the woes of the sufferer. Our aim should be to uplift and inspire rather than to weep with him, which will not relieve his suffering. If he is sorrowing it is good and right that he should weep, but he should not be overwhelmed by grief. If we would comfort him, we should try to turn his thoughts away from himself; and, if possible, find him something to do which will help others.

There are times when our hearts are racked with pity for our fellows when they are in deep distress, and at such times it is not always easy to be constructive. But if we want to help them in the best way, we shall exercise self-control. Instead of assuming their burdens we shall hand them over to God.

***Under the guidance of God,
I bring comfort to those in trouble***

July 28th**FRIDAY****August 25th**

◆ *Make you perfect in every good thing.* – Heb. 13:21

Why, since we are created in the image and likeness of God, Who is without flaw or blemish, do we have to make ourselves perfect? In Truth this is not necessary, for we are constituted of all the Good there is, *and of nothing else*, and are on this plane of consciousness in order to express This, but do we do so?

If you look around you at the disease, misery, poverty and failure that the majority of human beings are manifesting, you will have to concede that we appear to be doing the very opposite; and if we would correct this, instead of dwelling on our own seeming drawbacks, deficiencies, and defeats, we shall have to start looking at ourselves, our lives, and our fellow men, through the Eyes of Love, instead of through those of the flesh.

When we do this, we shall not even see appearances, for we shall look right through them to the spiritual Realities that they are masking, and behold! they will be “very good”. then shall we know of “as the inner, so the outer” for our inner Vision will become the outer manifestation, which will bear witness to its own Divine Perfection.

***I strive daily to spiritualise my thought that I may,
in due time, become perfect
even as my father in heaven is perfect***

July 29th**SATURDAY****August 26th**

◆ *Behold, how good and how pleasant it is for brethren to dwell together in unity. – Ps. 133:1*

“**B**rethren” in this case probably means “mankind”, but this word includes those who belong to the same family; and it is indeed good to find a family in which there is harmony amongst all the members.

Home life is tremendously important, and the majority of people give too little consideration to it. It is there that the child makes his first contact with others, and learns to adjust himself to life and to people. But if parents fail to live amicably together, and if members of the family are not ready to consider each other, and make sacrifices at times, how can children learn to be good citizens? If, as we are told, the foundations of a child’s character are laid in the first seven years of its life, it is in the home that he should learn his first lessons in courtesy, kindness and loyalty. Such lessons must be taught by adults, but they must first set the example.

Let us fill our homes with love, beauty, joy and goodness, that the inmates may dwell together in unity; and our children be prepared to play a worthy part in life.

The spirit of Christ rules my home today and all days for which I give grateful thanks

July 30th

SUNDAY

August 27th

Meditation

My Father

I have given You what has always been Yours – my will, my body, my life. My highest good is the good You express through me and as me. Now I reside in perfect Peace.

In this perfect Peace I reflect upon all that has taken place in my inner and outer experience, and see it all as opportunities presented to do Your works. I understand now why I encountered frustration and apparent failure – it is because I failed to recognise the path of progress that beckoned in these conditions.

In this state of exquisite rest, I resolve to make space between myself and the appearances that arise in my life, and to allow You to guide my mind, heart, body and affairs so that Your works may be accomplished in me.

July 31st**MONDAY****August 28th**

◆ *That the soul be without knowledge is not good.* – Pro. 19:2

We should cultivate our minds and acquire all the knowledge we can, not only for our own good, but for the good of others. Service given in ignorance is of little value. And if we want to inspire others and draw them into the way of Truth, we should be able to discuss matters knowledgeably. Also, we should learn as much as possible while we are on this plane of consciousness, for we take over to the next only what we have acquired here.

The more knowledge we have, the greater will be our understanding of our fellow men, and we need understanding if we are to help them. Without it we are not fit to serve, for we are likely to condemn what we do not understand; and it is not condemnation but love that the world requires if it is to survive.

We are all serving in some way, whether we are building houses or running a home, writing a symphony or standing behind a counter; and if our service is to be of value we must have knowledge, and the more we have the better it is, for us and others.

***I seek ever greater wisdom and understanding
that I may be an instrument of service to others***

TUESDAY**August 29th**◆ *I and my Father are One.* – John 10:30

“**I**and my Father are One” is perhaps the shortest and most profound statement of Truth ever made. Orthodoxy generally holds that this claim applies only to the unique, historical revelation which is the person of Jesus-Christ, and that we can share in oneness only through mystical union of ourselves and Jesus-Christ. New Thought believes the claim applies to each of us directly, that Jesus-Christ is a personification of what is universal to all, is the name given to God’s presence in us all.

The theological divide would seem very serious, but in the end, it is the *state of our heart and mind* that counts. Whether our trust in God flows from mystical union with Jesus-Christ, or whether it flows directly from God’s presence, is secondary to *trust itself*.

We know Omnipresence in ourselves regardless of what name we give it. It protects, comforts, guides and supplies our every need and fills us with great peace and joy.

God’s presence in me supplies my every need

WEDNESDAY**August 30th**

◆ *According to your faith be it unto you. – Mat. 9:29*

Have you ever noticed how many people proceed with confidence when they are doing things they *know* they can do? They *expect* success. Knowing and expecting are other names of faith. But our problem is the many tasks we *don't* know how to do. How can we express faith in such circumstances?

If our knowledge and wisdom originated inside our skulls we would indeed be in trouble, but that would be like the music we hear from our bedside table originating in the radio set. We are each the microcosm of All-knowledge, All-power and All-presence which flows freely through us if we permit it. In isolation we can never know and do enough. Thank God, we do not have to know it and do it.

Become a follower of Truth. Lift your face above adversity and put on a confident smile. You do not know, neither do you have the skill or strength. But the One Who constitutes you has everything you need in infinite amount. In trust, let Him through.

In trust I let God through

THURSDAY**August 31st**

◆ *Fear not, for I am with you.* – Gen. 26:24

How much of our anxiety grows from the feeling that we are alone, that we have no one near or able to help and encourage us. We may be surrounded by well-wishers, yet feel alone. This feeling of isolation and helplessness, even of worthlessness, is the terrible result of worldly indoctrination. Whatever God is – so we are told – we are far from him and beneath him. There is much we must do before we can hope even for the crumbs from His table.

If ever there was sacrilege it is such a view of God. He brings us forth as expressions of Himself. He longs for us to recognise Him and dwell in His house, to share in Love, Security, Beauty and Peace. It is we who isolate ourselves. It is *we* who do not accept *Him*.

So, start today to change the habit of a lifetime. With deep humility and simplicity say “Thank you dear Father for being my Companion and Provider. In Your house I have nothing to fear”.

In my Father's house I am at home

– Lecture Extract

The Spiritual Force



Of yourselves you cannot bring healing to your bodies, you cannot re-build worn out tissues or recreate new nervous systems to take the place of those you have destroyed. However, the spiritual force that is in you, that is the sum total of all power and knowledge in the universe, that is the very presence and substance of Life in you – the Kingdom of God which is closer to you than breathing, nearer than hands and feet – is saying to you, “Come unto Me and I will be your salvation.”

“I will change all your negative conditions into positive, constructive ones. I will fill your lives full of happiness, full of abundance to share and to spare if you will but come to Me. All you have to do is to take the first practical steps in faith, I will do the rest.”

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